Toronto metro

Your essential daily news | WEEKEND, MARCH 11-13, 2016 | High 11°C/Low 3°C Sunny ways

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POMP *and* POSSIBILITY

Matt LaForge
VIEWS EDITOR
Metro | Toronto

You can't help but be proud.

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If you're the kind of Canadian predisposed to be charmed by these two beautiful, smiling heads of neighbouring states standing shoulder to shoulder, flanked by their beautiful, smiling families, alternately snapping on each other and bigging each other up while addressing the world's most consequential problems, then the Trudeaus' date with the Obamas might make you feel as if anything is possible. You only wish they could have more time together.

And if you're not that kind of Canadian, you're still a Canadian. You still want your country to be taken seriously. You still want it to have influence.

So, yes, for the first time, our political culture has produced a figure of such glamour and charisma that a U.S. administration sees advantage in debuting him into society. As others have pointed out, not even Pierre pulled that off.

But also, more importantly, the normal northward flow of political influence has reversed itself. The U.S. government is suddenly saying it's ready to learn from ours. And, as Canadians all across the political spectrum have long contended, there's a thing or two we could teach them.

More on Trudeau-Obama love-in, see pages 10-11

U.S. President Barack Obama and first lady Michelle Obama greet Prime Minister Justin Trudeau and Sophie Grégoire-Trudeau at the White House in Washington Thursday for a state dinner
THE ASSOCIATED PRESS

'I have never seen so many Americans excited about the visit of a Canadian prime minister' — Barack Obama

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metro NEWS
Your essential daily news

Brazil giving $2.8 million to Zika research

TRIAL

'Cat lady' guilty of cruelty

For two years inside the non-descript home of a law professor, a nightmare was brewing.

"Wall to wall cats; floors, walls, furniture rotting and coated in cat urine, cat fur and cat feces. The smell was literally overpowering," a judge said Thursday. "The first officer on the scene thought there might be a dead body inside the house."

Hours later, as OSPCA staff in haz-mat gear were in the process of removing a feral colony of 107 cats from the home, homeowner Diane Way returned with a pull-cart full of cat food.

Diane Way. COURT EXHIBIT

"This was a sad case," Ontario Court Justice William B. Horkins told the court Thursday, after a 23-day trial. "With apologies to Shakespeare, Diane Way loved her cats 'not wisely, but too well' and as with Othello, there were tragic results."

Horkins found Way, 67, guilty of cruelty to animals and causing or permitting unnecessary suffering to animals.

All but one of the cats was euthanized.

"Way is not a mean person and she had great affection for her cats," Horkins said. "However, she allowed her population of cats to get totally out of control."

TORSTAR NEWS SERVICE

Noted architect arrested after doorman stabbed

CRIME

Man fighting for life after attack in Rosedale

Until Thursday, Ellis Kirkland was known for her success: a Harvard graduate celebrated for decades of work in the venerable worlds of architecture and international trade.

Now she's in police custody, arrested after she was named in connection with the stabbing of the doorman at her Rosedale apartment, prompting a city-wide manhunt that ended in a dramatic crescendo at the top of a downtown tower.

After a four-hour negotiation, officers from the Toronto police Emergency Task Force repelled from the top of the Town Inn Suites on Church St. and swung onto 27th floor balcony, where a woman — later confirmed by police to be Kirkland — had dangled her legs over the edge and appeared ready to jump.

As of Thursday night, the 67-year-old stabbing victim was in life-threatening condition and had undergone surgery, police said. They did not confirm his identity but said he was stabbed "multiple times with a large kitchen knife."

The saga began Thursday at around 7:30 a.m., when police received a call about a stabbing at 120 Rosedale Valley Rd., a midrise apartment building with long balconies on the side of a leafy hill. Joseph Glazner, who lives one floor above Kirkland in the building, identified the victim as Mark Markandu, the overnight guard and doorman.

Ellis Kirkland is a Harvard graduate who co-founded the Kirkland Partnership, a well-regarded architecture firm. She was also the first female president of the Ontario Association of Architects. TORSTAR NEWS SERVICE

Glazner said that he was speaking with another building employee when Markandu went to help Kirkland move boxes. The doorman came back moments later holding his hip and bleeding "(near) his kidney on the lower right side," Glazner said. He said Markandu claimed he was stabbed six times.

Hours later, Toronto police released an image of Kirkland, warning the public that she had allegedly stabbed a man, that her whereabouts were unknown and that she was considered armed and dangerous.

Born in Malta and educated at Harvard University, Kirkland co-founded, with her ex-husband, the Kirkland Partnership, a well-regarded architecture firm that has done work on waterfront projects in China and around the world. She became the first female president of the Ontario Association of Architects.

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If you're a sap for maple syrup, prepare to pay more this year

WEATHER

Warm spring interfering with natural production

Jessica Smith Cross
Metro | Toronto

This spring's unusually warm weather could spell trouble for maple syrup producers and force a price spike for the liquid gold they create.

François Meunier, manager of À la Feuille d'Érable, a Quebec syrup producer that's participating in a weekend's sugar shack event at Toronto's Sugar Beach, said he's concerned it's going to be a bad year.

Normally, À la Feuille d'Érable produces 1,000 gallons of syrup in a season. Meunier's worried the weather will cut production in half.

"It's nature's dictation," he said. "We can only hope for better conditions."

Sylvain Charlebois, a professor at the University of Guelph's Food Institute, predicted months ago that El Niño would make 2016 a bad year for maple syrup — and the recent warm weather in Quebec, which produces more than 70 of the world's maple syrup, and in Ontario, which makes 10 per cent, has proven him right.

Maple trees produce sap when spring temperatures dip significantly below zero at night and warm during the day. Recently, it's been too warm for that to happen.

When supply is lower, the price tends to go up. But, the reasons are aren't simple as just supply and demand, Charlebois said.

"The economics of maple syrup — it's a sticky situation," he said.

Maple syrup is typically cheaper in Ontario than in Quebec because Quebec's market is tightly controlled and Ontario's is open, Charlebois explained.

Quebec's supply management organization, the Federation of Quebec Maple Syrup Producers, acts as a "cartel," he said. It sets the price of maple syrup and has a large reserve of syrup to unleash on the market as needed.

In Ontario, however, syrup makers can set their own price. But, this year, that might now make much of a difference because they are expected to have as much to sell, which means more syrup — and the price that comes with it — is likely to flow in from Quebec.

However, the Trans Pacific Partnership, if ratified, has the potential to really shake things up, said Charlebois.

It would significantly reduce international tariffs on maple syrup. That could affect the price dramatically, depending on the actions of the Quebec cartel.

Whether or not the weather will cool enough for the sap to flow again is up for debate in the syrup community.

Unlike Meunier, Ray Bonenberg, a spokesman for the Ontario Maple Syrup Producers Association, doesn't predict doom and gloom.

The warm February allowed some producers to tap early so many already have a significant supply, Bonenberg said.

"We've still got a lot of weather left," he said. "We don't look at the negative side of sugaring. Sugar makers are positive."

Maple taffy anyone? Made by pouring hot syrup on snow, you might considering tasting the sweet treat at this weekend's event on Sugar Beach. COURTESY RAPHAEL OUELLET

SWEET TIMES

Maple products highlight sugar shack experience

The sweet taste of rural Ontario and Quebec culture is coming to downtown Toronto this weekend.

Waterfront Toronto is teaming up with tourism group Québec Original to bring authentic Quebecois food, traditional French Canadian music and, of course, maple syrup to Sugar Beach on Saturday and Sunday.

"It's popular this time of year to go sugaring, to visit a cabane à sucre — a sugar shack — and watch them collect sap and turn it into maple syrup," Waterfront Toronto spokeswoman Mira Shenker said. "So, we're bringing that experience to people who are staying downtown during March break."

Sap will be boiling all weekend to make maple syrup on sight and visitors will get a chance to taste maple taffy — a delicacy Shenker has fond memories of enjoying as a child — made on site.

For a full schedule of events, visit sugarshackto.ca.

Expect to see a lot of this at Sugar Beach.
TORSTAR NEWS SERVICE FILE

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RECREATION

Scarborough cyclists get hubs

Gilbert Ngabo
Metro | Toronto

Scarborough cyclists have more reason to smile this summer.

Two bike hubs will open in June, one at the Birchmount Bluffs Neighbourhood Centre and the other at AccessPoint on the Danforth.

Services will include introductory programs for newcomers, repair clinics and group rides.

It's part of a an ongoing effort to increase cycling culture outside downtown Toronto, said Marvin Macaraig, project coordinator for Scarborough Cycles.

The hubs at Danforth (left) and Birchmount (right). GOOGLE MAPS

Giving cyclists easier access to bike tools and information will go a long way toward the goal, Macaraig said.

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In search of a cleaner way of life

IMMIGRATION

Study looks at how pollution factored into moves to T.O.

The enemy they were fleeing was pollution — not persecution.

For Irene Parvin, it meant leaving behind her family's huge mansion in Bangladesh, two cars, two drivers, a cleaner, the nanny for their two boys and successful careers — she was a university professor and her husband, a pediatrician.

What Parvin, 44, has gained, however, is freedom from being forced to rely on an inhaler for her severe asthma, an illness she developed as a result of the horrendous air pollution in Dhaka and one that has virtually vanished since moving to Toronto in 2010.

"It's a real concrete jungle there … It's so smoggy you can't even see the sky," says Parvin, who now works as a program and evaluation co-ordinator at an organization that helps youth in low-income communities stay in school. "We decided to start over again in Canada only for my health."

> **It's so smoggy you can't even see the sky.**
> Irene Parvin on her old life in Bangladesh

Parvin is among a growing number of so-called environmental migrants whose stories are being documented by Wilfrid Laurier University professor Robert McLeman and other Canadian academics in this emerging research field.

While the subject is not new in other parts of the world, Environmental Migration to Canada, a joint project between Laurier and the University of Ottawa, is the first in Canada to examine the impact of global climate change and environment pollution on Canadian immigration.

Unlike Europe and the United States, Canada has been somewhat buffered from the direct results of environmental migration driven by natural disasters because of its geographical boundaries. While research on climate change and migration has historically focused on so-called environmental refugees from developing countries seeking asylum abroad, researchers in the West are now paying more attention to the impact of climate change on regular, legal immigration streams in a system geared toward attracting those with wealth or skills.

"Twenty million people worldwide are displaced by natural disasters. These disasters are becoming more frequent and more damaging," said McLeman. "We'd like to document what's happening in Canada and provide the public and decision-makers with information to figure out what to do about it."

In the project's latest study, researchers partnered with the Bangladeshi-Canadian community in Greater Toronto to investigate how environmental changes and man-made pollution in their homeland influenced their decision to come to Canada. The project also looked at the impact of climate change on Haitians, Somalis and Filipinos in Ottawa and Montreal. TORSTAR NEWS SERVICE

For Irene Parvin, clear blue sky is a rarity in her birth country of Bangladesh. When she travelled to Australia, New Zealand and Canada her chronic asthma stopped, which she attributed to significantly better air quality and less air pollution. CHRIS SO/TORSTAR NEWS SERVICE

+ THE WORST

Thousands of deaths linked to poor air quality

The World Health Organization's Ambient Air Pollution database measures air quality from almost 1,600 cities in 91 countries. Canada has ranked among the Top 5 for best air quality. Here are some of the world's worst.

In Pakistan, 22,600 adult deaths were linked to air pollution in 2005 alone, according to a World Bank study.

Qatar's construction boom, traffic congestion in Doha and sand and dust generated by manufacturing have all led to its poor air quality.

Afghanistan's health ministry says up to 3,000 people die each year in Kabul as a result of air pollution.

Bangladesh has been ranked fourth among 91 countries with the worst urban air quality — with transportation and brickfields blamed as the main contributors.

Iran's government has said one person dies every two hours of pollution-related causes in Tehran.

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‘Man’ means more than muscles and machismo

AFTER-SCHOOL PROGRAMS

Program aims to show boys value of being kind and just

Gilbert Ngabo
Metro | Toronto

A group of Toronto men is working to teach young boys how to become better adults.

Next Gen Men has been offering after-school sessions for boys attending York Region schools since last year. The group’s hoping to expand to other areas, focusing on boys 12 to 14.

The goal is simple. By emphasizing the importance of diversity, health, equality, positive relationships, self-awareness and inclusiveness, organizers want to see the next generation of men have more of a positive influence on their communities.

“Every school has tons of programming for girls, but there aren’t any for boys,” said Jermal Alleyne, Next Gen Men’s co-founder and program director. “Young boys also have all sorts of things to discuss in order to grow up better.”

The program starts with an understanding that there’s “more than one way to be a good man,” he said.

From the beginning, boys are asked to select qualities they think fit a man.

> Young boys also have all sorts of things to discuss.
> Jermal Alleyne

Most of them choose attributes such as being aggressive, tough, loud and physical, said Alleyne.

Some of the students learning from Jermal Alleyne, centre, and the Next Gen Men effort. CONTRIBUTED

“That’s generally what they understand about manhood. But it’s not just that anymore,” he said.

Once they’ve been through the program, the same exercise often brings answers such as co-operation, leadership, being emotional, caring and kind.

A big focus is placed on gender equality and the fight against gender-based violence, Alleyne said. The hope is that the boys will stand up for those who are most vulnerable.

“We just want them to know that men are not bad, but they can be better,” Alleyne said.

ANIMAL RIGHTS

Owners try to save alleged fight dogs

The owners of 21 alleged fighting dogs believe they have found a solution to save the animals from a potential death sentence.

Ken Marley, who represents three people accused of running a dogfighting ring near Chatham, Ont., said his clients have agreed in principle to transfer ownership of the dogs to a rescue organization north of Toronto.

“As an interim measure at least, my clients would prefer to see the dogs saved and adopted as opposed to being put down,” Marley said.

Several lawyers representing three animal-rights and rescue organizations attended court Thursday in an effort to intervene.

The Ontario SPCA seized 31 dogs on Oct. 15, 2015 and has already euthanized three of them for medical reasons. The society had members of the American SPCA evaluate the dogs and they concluded that 21 of them, all deemed pit bulls, cannot be rehabilitated. THE CANADIAN PRESS

Voice of the TTC drops the mike

TRANSPORT

Nicholson kept commuters on, and off, track for over 20 years

The man who has been the voice of safety and courtesy on the TTC for nearly 20 years is retiring on Friday after hundreds of public service announcements.

Danny Nicholson, 59, will no longer be recording the reminders to riders to keep their feet off the subway seats and their cigarettes off the system.

The senior communications adviser's face is well known to Toronto reporters who keep commuters apprised of transit issues.

But it's his voice that causes strangers to scratch their heads, wondering where they've heard this guy before.

"I've enjoyed being the voice of the TTC, bringing public safety announcements, closure announcements to all the people who travel every day. It puts a smile on my face to know how many hundreds of thousands of people are hearing my voice every single day," he said Tuesday.

Danny Nicholson, the voice of the TTC, retires on Friday after 20 years. VINCE TALOTTA/TORONTO STAR

Nicholson worked as a reporter in radio between 1979 and 1995. He went back to school to study corporate communications before being snapped up by the transit agency.

He had barely begun the new job when he was one of several employees asked to audition for the job of recording the PSAs.

Nicholson, who hopes to do commercial broadcast work after he leaves the TTC, was a natural, with not a single stumble in his first reading. His voice "is so assertive, yet not overpowering. He's giving you the right information in a nice timely manner," said Fred Sollile, the radio shop technician behind the public service announcements.

Nicholson's voice will fade to memory almost immediately, said Ross. His announcements will be replaced by a professional female announcer.

TORSTAR NEWS SERVICE

ACCESSIBILITY

Island stops to be kicked to the curb

Gilbert Ngabo
Metro | Toronto

The TTC is doing away with island stops as it prepares to roll its new streetcars onto routes across the city and make them fully accessible.

The work will start in June at College and Bathurst, followed by work in July at College and Bay. Similar work is planned on the St. Clair streetcar line this summer.

City council voted Thursday to spend $1.5 million for work at the College stops.

"Streetcars will still serve customers at the stops but from the sidewalk," said TTC communications advisor Kadeem Griffiths.

By moving the stops to the curbs, streetcar drivers will be able to lower and extend ramps for people using mobility devices. The way the island stops are built, there's no way for that to happen.

The changes are part of the TTC's work to make services and facilities accessible. Provincial legislation requiring that all public facilities be accessible will take effect in 2025.

The **College and Bay** stop will move to the curb this summer. LIZ BEDDALL/METRO

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‘About time, eh?’: President Obama

INTERNATIONAL RELATIONS

U.S. delights in first official visit by a PM in nearly 20 years

A warm moment in Canada-U.S. relations unfolded on the White House lawn Thursday — one marked by big fanfare and a plan to see U.S. President Barack Obama address Canada's Parliament before he leaves office.

The day began with an elaborate bit of bilateral cinematography: a military brass band, a cannon salute and hundreds of flag-waving onlookers greeting Prime Minister Justin Trudeau, in town for the first state dinner involving a Canadian in 19 years.

“We are very proud to welcome the first official visit by a Canadian prime minister in nearly 20 years. About time, eh?” Obama said.

“We have a common outlook on the world, and I have to say I have never seen so many Americans excited about the visit of a Canadian prime minister.”

Indeed, the two leaders went out of their way to project amity: Trudeau described the president as “My friend” and “Barack.” Obama said people were inspired by his message of hope and change.

They agreed to move forward with a customs pre-clearance experiment that could revolutionize the way Canadians and Americans enter each other's country.

> **From my perspective, what's not to like?**
> Barack Obama on Trudeau

It would apply the model used at some airports to other modes of transportation, allowing travellers to clear customs at train stations in Montreal and Vancouver as part of a pilot project. And they expressed optimism that a compromise could soon stave off a new round in the ongoing softwood lumber war.

The biggest news out of the event that American media will certainly seize on was the president's extended riff on the rise of Donald Trump.

American reporters had been trying to draw Trudeau into commenting on the U.S. election and he avoided getting involved.

Obama showed no such compunction, ridiculing Republicans while also echoing Trudeau's message from the night before: that the solution to the challenges of globalization is openness, not isolation — a jab at the election talk of expelling Mexican migrants, banning Muslim travel and ripping up trade deals.

Later, the Trudeaus were greeted by the Obamas when they arrived for Thursday night's state dinner. Obama gave a witty toast to Trudeau, making use of the prime minister's resume.

“We intend to have fun tonight. But not too much fun ... the prime minister used to be a bouncer,” Obama said.

THE CANADIAN PRESS

The Obamas and Trudeaus pose for a photo at the North Portico of the White House as they arrive for a State Dinner. GETTY IMAGES

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Trudeau and Obama stand for the playing of national anthems during an arrival ceremony on the South Lawn of the White House in Washington. THE CANADIAN PRESS

Later, the duo held a bilateral meeting in the Oval Office of the White House. GETTY IMAGES

Justin's appeal is a benefit to coalitions

Matt Laforge
Metro | Toronto

If you're the kind of Canadian who believes ardently in the Trudeau government and the policy agenda it represents then your hopes for the aftermath of the Obama love-in are sky high. You want to believe that the prime minister's international celebrity is built to last; that all of this really does mean that "Canada is back."

And if you're not that kind of Canadian, you still have to acknowledge that all this means something.

First, the fact that the most influential left-of-centre entity in all of western democracy, the Democratic party, has, at this moment of electoral crisis and populist anger, attached itself to Trudeauism means that the party sees the prime minister as capable of uniting coalitions and punching above the weight of his small country.

And that, in turn, means that the job of being Trudeau's political opponent here at home just got a lot more complicated, if not a lot more difficult. If taking the Liberal government to task on ISIL or on the budget was already coming at the cost — fair or not — of looking like the last person to get with the times and enjoy the party, now doing so also amounts to a repudiation of a U.S. president who may be a lame duck but who is still very popular in Canada and whose ally and

The job of being Trudeau's political opponent here at home just got a lot more complicated.

heir-apparent, Clinton, is still the favourite to become the next president.

That doesn't make Trudeau bulletproof, but it does make our politics more internationally consequential and less provincial, if only momentarily. And who among us hasn't wished for that?

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Obama: GOP reap what they sowed

UNITED STATES

Party 'crackup' down to years of rhetoric, says president

Years of Republican hardline politics and divisive rhetoric have spawned Donald Trump and the "crackup" of the GOP, U.S. President Barack Obama said Thursday, scoffing at the notion that his actions or policies were to blame for the charged political climate.

At a Rose Garden press conference, Obama laid the responsibility on Republican leaders, who tolerated "maximalist," uncompromising politics and created an environment where "somebody like Donald Trump can thrive."

Obama appeared primed to get his thoughts off his chest, noting he's repeatedly been asked whether he accepts blame for the climate. He finds that idea "novel," he said.

"What I'm not going to do is to validate some notion that the Republican crackup that's been taking place is a consequence of actions that I've taken," he said. "I don't think I was the one to prompt questions about my birth certificate, for example. I don't remember saying, 'Hey, why don't you ask me about that?"

The president argued that Trump, the billionaire frontrunner for the GOP nomination, is not an outlier. He said Trump's policies, particularly on immigration, are not so different from proposals of rivals Marco Rubio and Ted Cruz.

As Obama spoke at the White House, GOP candidates were preparing for Thursday's debate in Miami and high-stakes elections in Florida and Ohio next Tuesday. Meanwhile, anxious Republican officials were coming to terms with the idea that Cruz — their second-least-favourite GOP presidential candidate — may be the only chance to stop Trump's march.

Trump renewed his vigorous criticism of Texas Sen. Cruz, casting the rival he calls "Lying Ted" as too polarizing to break the Washington gridlock or win a general election.

"The problem with Ted is that he'll never get anything done," Trump told CNBC.

"And the bigger problem is that it's impossible for him to get elected."

THE ASSOCIATED PRESS

U.S. President Barack Obama. AFP/GETTY IMAGES

Conditions in the camp on the Greek-Macedonian border deteriorated after three days of heavy rain and closures of migrant routes to western Europe. VISAR KRYEZIU/THE ASSOCIATED PRESS

REFUGEE CRISIS

Trail closures stall migrants

Desperate migrants and refugees piled up Thursday in fetid fields of mud at a closed border crossing as officials warned that a well-trodden route to Europe used by hundreds of thousands in the past year was no longer available.

With the closure of the migrant trail through the Balkans from Greece to more prosperous countries, concern also mounted that people desperate for sanctuary or jobs in Europe are already turning to smugglers to find other pathways.

At the same time, the flow continued to the Greek islands by boat from Turkey, either by those who have not heard the Greece-Macedonia crossings are no longer open, or by others who hope the closure is temporary.

Some didn't make it. Turkey's state-run Anadolu news agency said five people, including a 3-month-old, drowned when their speedboat sank Thursday off Turkey's western coast en route to the Greek island of Lesbos. Nine people were rescued.

THE ASSOCIATED PRESS

NOT SO FRESH The oldest pine fossil ever found — from 140 million years ago, when dinosaurs dominated — has been dug up in a Nova Scotia quarry.

DECODED Global health convergence

CAN SCIENCE SAVE 10 MILLION LIVES?

Climb into your time machine. Step out in 2035. Picture this: The major causes of preventable death among the world's poor have been knocked down by 90 to 95 per cent. A group of experts has published a plan to do exactly that in a collection of papers out this month from the Public Library of Science. The cost? **$70 billion** per year. The return? A little more than **10 million lives** saved annually. That's assuming, with the world's largest dose of elbow grease, the best health successes of the recent past can be repeated everywhere. It's the longest of long shots. **Here's how it could be done.**

CARE FOR MOMS & KIDS

Giving birth is dangerous business. Being a newborn is even riskier. If every new and expectant mother and every child under five had access to adequate medical care by 2035, **7.5 million** lives could be saved per year.

WHAT IT WILL TAKE
Child mortality is way down, but a major scaling-up of basic lifesaving tools is still needed. Every kid needs their essential vaccines, access to re-hydration treatment for diarrhea — a huge killer — and bed nets if malaria is a risk. Women need reliable family planning and a skilled doctor or midwife with them when they give birth.

"(There are) no quick fixes. Lowering maternal and newborn mortality ... requires a functioning health-care system."
— Ann Montgomery, Canadian midwife practicing in the Democratic Republic of Congo

TAP INTO TECH

Researchers found, crucially, that an enormous investment in current tools and technologies would achieve **two-thirds of the improvement** needed to reach the goal of saving 10 million lives yearly by 2035. Beyond that is where the dreaming comes in.

WHAT IT WILL TAKE
The highlights of the global-health wish list: Excellent vaccines for TB and HIV; a one-pill cure for malaria; rapid, simple tests for deadly pregnancy complications. Currently, just one to three per cent of health research money is devoted to the five biggest killers of poor people. That will have to change.

CONTROL INFECTIOUS DISEASES

Humanity's greatest enemies are also its tiniest: HIV/AIDS, malaria, tuberculosis and neglected tropical diseases. With a massive treatment and prevention effort, by 2035, **1.8 million** adult deaths from HIV/AIDS and **970,000** from TB could be prevented every year.

WHAT IT WILL TAKE
Get antiretroviral drugs to people with HIV/AIDS who need them, diagnose TB early and improve access to antibiotics and educate the public about how diseases spread. Medicate people en masse who live in areas with rampant, treatable tropical diseases like hookworm.

STRENGTHEN HEALTH SYSTEMS

In the words of public-health guru Peter Hotez, "New tools will not deliver themselves." Strong health-care systems are the final piece of the puzzle.

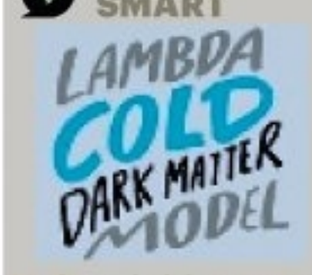
WHAT IT WILL TAKE
This is where an emerging area of research comes in: The science of scaling up and delivering health services. In just one example, this kind of research in Mexico led to a system where mothers were paid cash to come to vaccination, family planning and nutrition clinics. The result was a reduction in the number of kids with stunted growth.

FINDINGS
The week in science

Fertile research
British scientists have learned that many women who suffer recurring miscarriages — a long-time medical mystery — have too few stem cells in the lining of their wombs. (Such cells help rebuild the lining every month into a cushy place for an embryo). A simple fix could help some women: "Scratching" the inside of the womb, with a thin bit of plastic inserted through the cervix, to stimulate healing and cell regeneration.

Thank goo we're here
Are you a simple, single-celled bacterium? Are you algae? No? You have your ancestral protein-kinase-encoding gene to thank. Researchers at the University of British Columbia believe they've identified the gene, shared by all complex living things, that first allowed for the evolution of multicellular life forms — plants, animals, and eventually, us. The gene is a blueprint for molecules called protein kinases, which help cells co-ordinate with one another. It arose because of changes to DNA that happened about a billion years ago in a primordial pool of pond scum.

SOUND SMART



It's the underlying concept that explains this: Out in space, when a small blob of dark matter collides with a mini "dwarf" galaxy, the massive exertion of gravity creates a cataclysm of dust and gas that triggers a starburst — the birth of many stars at once.

Genna Buck
@genna_buck

Citizen Scientist

Can I starve cancer with a strict diet?

QUESTION
I read that the ketogenic diet fights cancer. A cure in plain sight? — Amit, Vancouver

Dear Amit,

Cancer sucks. I wish there were an all-purpose cure.

Cancer cells use tons of glucose to grow and divide and your body makes glucose from carbs you eat. So it follows the ketogenic diet (KD) — uber-low-carb, high fat, high protein — could impede cancer. In other words, the process of how it works (the mechanism) is logically plausible.

That's what makes it different from something like, say, crystal healing. Even if you feel better after, the fact that someone balanced a quartz on your head or whatever is likely not why: The proposed mechanism (manipulation of energy currents) is bonkers.

Reviews of the research show KD is associated with increased survival and reduced tumour growth. But nearly all studies looked at **cancer in lab mice**. Reliable evidence of its efficacy in people doesn't exist yet. So it's definitely not a substitute for cancer treatment.

Though human clinical trials are in the works, I found only a smattering of published studies. A 2011 paper looked at 16 adults with advanced cancer (too few to draw general conclusions). On KD, six patients had reduced symptoms. Two died. And the rest decided to quit before the three-month study was over. No surprise: Many cancer patients, owing to the "wanting to barf 24/7" thing, can't face food, period, let alone KD's menu of avocados, bacon, olive oil and all.

PHILOSOPHER CAT
by Jason Logan

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MOVIES MUSIC TELEVISION DIGITAL

Mary Elizabeth Winstead plays a young woman trapped in a bunker with a sinister survivalist (played by John Goodman) in 10 Cloverfield Lane. CONTRIBUTED

Our obsession with doomsday

END OF THE WORLD

10 Cloverfield Lane is the latest film that plays on anxiety

Richard Crouse
For Metro Canada

Los Angeles is a sun-dappled utopia with a Mediterranean climate, palm trees as far as the eye can see and only 35 days of precipitation annually. It's a sprawling Garden of Eden, with pockets of paradise connected by an interweaving series of freeways. Think year-round sun tans, flip-flops and driving the convertible with the top down.

So why, when such natural beauty surrounds it, does Hollywood seem obsessed with stories about the end of the world? Could it be it's because they live above the San Andreas Fault, an inner earth rupture that issues occasional rumblings that threaten to drop much of Southern California into the Pacific Ocean? Perhaps it's because it's the home of Kim, Kourtney and Khloé, an alliterative television family who seem to be a harbinger for the dissolution of society.

Whatever the reason, in movie after movie Hollywood hands us terrifying visions of what the world will look like when the Kardashians are done with it.

This weekend 10 Cloverfield Lane, which producer J.J. Abrams calls a "blood relative" but not a sequel to his 2008 monster flick Cloverfield, sees Michelle (Mary Elizabeth Winstead) trapped in an underground bunker with a sinister survivalist played by John Goodman. Outside, he says, an attack is about to leave the world uninhabitable. "Something's coming," he hisses.

What exactly is happening outside the bunker's walls is unclear. Whether it's nuclear fallout, an unexpected ice age or a zombie holocaust that brings about the end, the post apocalyptic feel of 10 Cloverfield Lane is just the latest attempt by the film biz to tap into the world's general feeling of unease.

In 1959 bright and sunshiny Hollywood offered up a scary story that set the date for the end of the world just after World War III in 1964. In On the Beach, nuclear war has destroyed all life on the planet save for a small enclave in Australia, but even they will succumb once the radiation clouds drift by. As doomsday dramas go this one is particularly depressing — for example people gobble up "suicide pills" — but its Cold War commentary led one writer to label it "the most important film of our time."

Not all end-of-the-world scenarios are as grim as that, however. Seeking a Friend for the End of the World's set up sounds bleak but it's actually amusing and inventive.

Three weeks before a giant asteroid is scheduled to collide with earth, Dodge (Steve Carell) and his flaky downstairs neighbour (Keira Knightley) head out of town, looking for meaning in a world that soon won't exist. It's a low-key movie that could have been a broad comedy, but instead chooses for a more modest, heartfelt approach.

Sometimes the end of the world is appealing; cute even. WALL-E, the story of a lonely, but adorable, robot who inadvertently gives humankind a second chance, is aimed at kids but doesn't look like any other kid's movie you've seen. Don't expect the same old from Pixar. It's ambitious and beautiful like 2001: A Space Odyssey for children.

With such a range of dystopian stories to mine it seems sunny Hollywood just might produce dark visions of our planet until the end of the world comes for real.

MOVIE RATINGS by Richard Crouse

10 Cloverfield Lane	★★★★
The Little Prince	★★★★
Born to be Blue	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

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‘Self-destruction is a real enemy’

BORN TO BE BLUE

Ethan Hawke stars as tragic musician Chet Baker in biopic

Richard Crouse
For Metro Canada

Ethan Hawke, who plays trumpet player Chet Baker in the new biography Born to Be Blue, says artists are able to turn suffering into something beautiful and relatable. CONTRIBUTED

In Born to Be Blue, a stylish new biopic about the turbulent life of My Funny Valentine trumpeter Chet Baker, Miles Davis tells the horn player, “You haven’t lived enough” to be a great musician.

When I ask Hawke if great art can be created without life experience, he says, “My take is that there are no rules, but you don’t become Nelson Mandela without suffering. There is a huge myth around Mozart that he was just divinely inspired. In truth, he worked really hard. He was obsessed with music from a very young age.

“You could make the case that Michael Jackson suffered immensely and that is part of what drove him. I think the service of the artistic community is to translate our lives back to us and hopefully to lend some understanding. You need to participate in life and feel life to be able to do that. But you know lots of people suffer without a gift or talent to translate it into a beautiful painting.”

Baker took Davis’s comment to heart and set off on a lifelong self-destructive bender that saw him fall into drug addiction, even pawning his instruments to support his drug habit.

“In the arts, self destruction is a real enemy,” Hawke says. “If you eliminate self-destruction, if you get out of your own way, give yourself permission to have respect for yourself and treat yourself like someone that you love, your chances of success quadruple. That’s really hard.

“It sounds so simple. The documentary I made (Seymour: An Introduction) is all about how hard that is.”

Hawke shares Baker’s rough-hewn good looks and does a convincing job of imitating the fragile beauty of his singing voice. More importantly he apes the addict’s temperament. Charming one minute, petulant and/or incoherent the next, he plays Baker as a talented train wreck; a man whose tragic life experience fed his art.

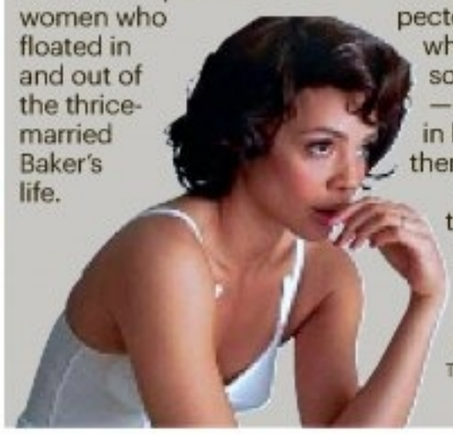
Hawke may resemble the musician but the similarity is only physical. He is comfortable in his skin.

SUPPORTING ROLE

Playing the patient lover

Carmen Ejogo plays Jane, an actress and love interest who becomes the fulcrum of Baker’s recovery, weathering his anger and occasional relapses with impossible patience.

In fact, Jane never existed. She’s a composite of the women who floated in and out of the thrice-married Baker’s life.



“There was absolute liberty to do what I wanted on this,” said Ejogo, who was more bound to historical accuracy when she portrayed Coretta Scott King in Selma.

“He was a bit of a (expletive) when it came to women. I mean, he really was quite abusive and he really expected them to bend to his whims, and I’ve just heard some crazy horror stories — cornering girlfriends in bathrooms and forcing them to inject.

“But I think to reveal the darker side of any mythological legendary heroic type is the most interesting space to explore,” she added.

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Le Journal Metro

STARTS TODAY CHECK THEATRE DIRECTORY FOR LOCATIONS AND SHOWTIMES

THE TV DINNER JESSICA ALLEN

'You're a beggar, on your knees, and you will take whatever we shove down your throat.' Which was pretty much my approach to Sunday's soups.

I made two pots of soup and cleaned my kitchen in just under five hours on Sunday afternoon. If we're being honest, I could've done it in two but I was simultaneously watching six episodes of House of Cards.

Blame Netflix, who released the political drama's complete fourth season on March 4, just in time for weekend binge-watching. I came out on the other side with white bean, sausage and swiss chard soup plus a black bean purée. But in other homes, I heard of laundry going undone and children going to bed without dinner.

The plot picks up right where things left off: First Lady Claire (Robin Wright) has left her husband, president Francis "Frank" Underwood (Kevin Spacey), while he's smack dab in the middle of the primaries and goes home to her mom's Texas ranch. As usual, there's plenty of treachery and scheming — only this time around, POTUS AND FLOTUS's biggest threats are each other. It's like they forgot that they're better when they work together.

I know the feeling: After we first watched House of Cards back in 2013, Simon joked that he was going to get a rowing machine, just like Frank's. It was a joke because, and God bless him, he's not what I'd call athletically inclined. To every wish list he'd add "Rowing Machine: preferably from the limited edition Frank Underwood series," which as far as I know doesn't exist. Flash forward to January 2016: after coming home from a week-long work trip,

THE SERIES: House of Cards

THE MEAL: Sunday soup

I lugged my bag upstairs to unpack. There, in the middle of the bedroom, was a rowing machine — a cheap $100 unit he'd purchased from Amazon while I was away. Who is this person I've been living with for 12 years? I thought.

Simon explained: "You know how the only clothes you care about are leisure and sleepwear and I'm supportive? Well, my fashion goal for this year is simply to look incredible in jeans and a T-shirt. These abs aren't going to tone themselves."

I didn't have the heart to tell him that the rowing machine wasn't the quickest way to a six pack. But he was right about my obsessions with sleepwear. In a matter of minutes I had gone from wondering who he was, to asking: Who am I?

Claire is also in the middle of an existential crisis, despite always looking flawless. Many drool over her perfectly tailored dresses with three-quarter-length sleeves. But I fixate on her pyjamas. Whether it's a crisp, white cotton night shirt or a two-piece set in black silk, her bedtime attire is extraordinary.

But there's never any flannel: all the better because if Claire Underwood warmed up, who would she be? Not the Machiavellian, cold-hearted, complicated bitch who's become one of the most engaging characters on TV. Even the (fictional) Russian president is no match for her: "I'm done letting you have your dignity," she tells him. "The truth is, you're a beggar, on your knees, and you will take whatever we shove down your throat."

Which was pretty much my approach to Sunday's soups. I wasn't following recipes for either: I just took those raw ingredients, plus some canned stuff, and I turned them into comestibles so tasty that you'd beg me for seconds.

Unfortunately they both looked like barf so there is no photo documentation to prove that they exist. If I were Frank Underwood, I'd turn to the camera right now and drawl "You'll just have to trust me."

Jessica Allen is the digital correspondent on CTV's The Social.

FOOD BRIEF

KD still pretty yummy in synthetic orange here

Relax Canada, no one's messed with your KD — yet.

Kraft surprised American cheesy pasta lovers this week by revealing they've been unknowingly eating revamped Macaroni & Cheese — now with no artificial flavours, preservatives or dyes — for months. Calling it "the largest blind taste test in history" Kraft said they quietly swapped out artificial flavours, preservatives and dyes for spices such as paprika, turmeric, and annatto back in December, without consumers noticing.

But in Canada, we're still consuming the synthetic colouring-filled KD we've grown to know and love

"We would invite you to try it but you already have," reads a line on Kraft's website. TORSTAR NEWS SERVICE

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ONGOING COMMITMENT

NFB dedicated to gender parity

The National Film Board of Canada says at least half of its productions will be directed by women within three years.

And NFB head Claude Joli-Coeur says female directors will get half of the board's production budget by 2019.

Joli-Coeur vowed to usher in complete gender parity while speaking at the Vancouver International Women in Film Festival earlier this week. He says he hopes the NFB can "lead the way for the industry as a whole."

Half of this year's spending already goes to projects with female directors, but Joli-Coeur notes that can fluctuate from year to year.

The federal agency boasts a strong stable of female filmmakers: Sarah Polley's intensely personal feature Stories We Tell is considered the NFB's most popular theatrical documentary of all time, while Torill Kove is an Oscar-winner for her animated short The Danish Poet, and documentary maker Mina Shum is riding acclaim for her latest feature, Ninth Floor.

"There have been good years and lean years for women's filmmaking at the NFB. No more," Joli-Coeur added in a release issued Tuesday.

"Today, I'm making a firm, ongoing commitment to full gender parity, which I hope will help to lead the way for the industry as a whole."

Canadian filmmaker Torill Kove poses with the Oscar for best animated short film for The Danish Poet. THE ASSOCIATED PRESS

Female-directed projects in the works include Kove's next animated short, Threads; Zayne Akyol's Terre de Roses, Mon Nom Est Gulistan; Marie Clements's The Road Forward; Ann Marie Fleming's feature animation Window Horses; Tiffany Hsiung's The Apology; and Anjali Nayar's Gun Runners. THE CANADIAN PRESS

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Grégoire-Trudeau makes splash in DC

POLITICS

Meet up with the Obamas puts Sophie in the spotlight

It isn't easy being first lady. Michelle Obama is expected to be gracious but whip-smart, a good public speaker but not too opinionated, a tastemaker and fashion icon but humble and down-to-earth.

Canada doesn't have anything quite like the Office of the First Lady of the United States, which has its own duties and gendered contradictions. Our political wives tend to take a back seat, appearing on television rarely and in tabloids hardly ever.

But on Wednesday, when Sophie Grégoire-Trudeau touched down at Andrews Air Force Base, it was clear she had arrived not only in D.C., but as a political celebrity in her own right.

"I think she will probably garner more press as the wife of a prime minister than any others in my lifetime," said Rosemary Sexton, a former society columnist.

Surrounded by her children and greeted by Canadian-flag-waving fans, Grégoire-Trudeau positively glowed on the tarmac.

When Grégoire-Trudeau arrived this morning for the official welcome ceremony at the White House, looking resplendent in a Lucian Matis outfit, she was affectionately greeted with the prime minister by the Obamas and those in attendance.

"We have been so warmly welcomed. It's been a blessing," she said, with Obama at her side.

On Thursday, Grégoire-Trudeau attended a "spousal program" with Michelle Obama in honour of girls' education around the world, an issue that is close to Grégoire-Trudeau's heart.

"You be fearless… You know your rights… You fight for your rights," she said, speaking directly to young women around the world.

"Young people are the leaders of now."

Sexton praised Grégoire-Trudeau's outspokenness, and said it will win her many fans both in Canada and the U.S.

"I think she's something very different, that's where her appeal lies.

"The public today don't really want a traditional, conservative couple. They had that in the Harpers and Bushes, who were good role models for their times."

Sophie Grégoire-Trudeau holds her son Hadrien Grégoire while she greets students from D.C.'s Patterson Elementary School on Wednesday. CLIFF OWEN/THE ASSOCIATED PRESS

Not everything she does has been a success. An impromptu song in honour of Martin Luther King Jr. Day came across as more kooky than quirky. And while Michelle Obama is applauded for wearing Jason Wu and regularly appears on The View, Grégoire-Trudeau earned eye rolls for daring to wear Oscar de la Renta in Vogue.

"Are Canadians more conservative about these things? Probably. And they're also more jealous. Canadians have that tall poppy syndrome, and when one of our own becomes a celebrity in a big, U.S. fashion magazine, that's something that arouses envy in a lot of people," Sexton said.

Typically, the wives of Canadian prime ministers can have as much or as little involvement in public life as they wish. Margaret Trudeau was very much in the public eye, but more for her gallivanting than for her charity work. Laureen Harper largely avoided the press, although she came out of her shell towards the end of her husband's career.

"She's the first lady of the United States and it's a defined role," Laureen Harper told the Globe and Mail about Michelle Obama in 2013. "I'm the wife of the Prime Minister — there's no first lady in Canada. … [The Prime Minister's wife] can have a big role, a small role, whatever."

If a prime minister's wife does accompany her husband on a state visit, her main job is to project a positive image, said Margaret Huber, Canada's former chief of protocol and a past ambassador.

"It's not just what they wear, it's how they are seen to support/strengthen the overall visit," she told Torstar News Service in an email.

So far, Grégoire-Trudeau has balanced using her new role to do good with remembering that hers is an unelected position, Huber said.

Sexton said she expects Grégoire-Trudeau's warmth and candour to play well in the U.S., where "openness in political circles is even more prevalent than it is in Canada."

TORSTAR NEWS SERVICE

Sophie's dress choice more than a dream for designer

FASHION

Lucian Matis piece worn for debut at the White House

Jessica Smith Cross
Metro | Toronto

The dress Sophie Grégoire-Trudeau chose for her official arrival at the White House was kept secret, unknown even to the designer who created it.

"When it comes to the government, everything's very hush-hush," said Lucian Matis, the Toronto designer who created the red and pink dress Grégoire-Trudeau wore on her state visit to the U.S. on Thursday.

It came as a surprise to him.

"This morning I got all these texts, social media started and then TV stations started calling," he said. "It's been a tremendous response, and it's quite overwhelming."

Six weeks ago, Matis received a call from Grégoire-Trudeau's stylist, Jessica Mulroney, requesting several dresses for the Prime Minister's wife to try on. He fitted her for several, leaving her with many options and not knowing if she'd wear any.

But the dress, splashed with a silk appliqué of hand-painted orchids, stood out at the time.

"It's interesting, she was telling me about how she rarely wears crew neck, but because the dress is so fitted it still has enough sex appeal — that it's not too revealing and is appropriate for the occasion," Matis said.

Sophie Grégoire-Trudeau and First Lady Michelle Obama share a laugh during a ceremony at the White House on Thursday. OLIVIER DOULIERY/GETTY IMAGES

Grégoire-Trudeau was a model client, Matis said.

"I didn't expect for her to be even more beautiful in person than she is photographed, surprisingly that's even possible," he said. "And she is very down to earth and very knowledgeable of fashion and her style."

The dress ended up as a perfect choice, he said.

"The red stood out beautifully against the background of people she was surrounded by because most people wore black or darker colours," he said. "And it's a Canadian colour, our flag's colour, which is wonderful."

Matis said the dress is part of his 2016 Spring/Summer collection but because he was caught by surprise he's not entirely sure which retailers are carrying it.

"I never dreamt that the first lady of Canada would be wearing it at the White House," he said. "I was quite, quite shocked."

As of late Thursday afternoon, Matis had no idea what Grégoire-Trudeau would wear to the state dinner. "I don't know," he said. "Maybe one of ours, but maybe another Canadian designer."

Turns out, she chose a cap-sleeved embroidered purple dress by Lucian Matis.

> **"I never dreamt that the first lady of Canada would be wearing it at the White House. I was quite, quite shocked.**

Lucian Matis

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MEXICO

Or, if you just wanna chill, take in some surf and sand

Loren Christie
For Metro Canada

Orange Veuve Clicquot stations are the only things that break up the crisp white of the pool-side area. ALL PHOTOS PETER REMUS

Los Cabos has its sexy back.

After being decimated by Hurricane Odile in September of 2014, this popular tourist area at the southernmost tip of Mexico's Baja Peninsula has reclaimed its status as the go-to destination for Hollywood A-listers, party goers and sun seekers happy to bask in the region's 350 days of average annual sunshine.

The sister cities of Cabo San Lucas and San José del Cabo and the 32-kilometre stretch of beaches and luxury resorts connecting the two make up the heart of the region.

Cabo San Lucas has the buzz, offering numerous water activities from SUP yoga to whale watching.

The bars and clubs were humming on the nights we were there and for those who prefer a quieter option there are a number of outstanding restaurants to choose from.

Our cliff side dinner under the moonlight at El Farallon was a highlight.

San José del Cabo is a quiet, more traditional Mexican town.

The Art Walk, held every Thursday evening between November and June is a great time to explore.

You can check out local art as you wander through the historic gallery district.

Pop into one of the higher end galleries where they give you a shot of tequila to help you drink in the art.

The recently re-opened 170 room ME Cabo is a shining example of the region's new and improved swagger.

While the renovated guestrooms and a new Peruvian dining experience are impressive, it is the revamped pool area that is truly the heartbeat of the hotel.

Pure white poolside furniture, including solid plastic wingback armchairs, gives it a crisp modern feel.

The splashes of orange that caught my eye when I first arrived turned out to be Veuve Clicquot branded champagne buckets, conveniently placed within arms' reach of the chaise lounges.

A DJ booth on the upper level of the swim-up pool bar sets the tone for the day playing a specially curated music soundtrack that follows the sun, light and peppy for your morning coffee in the Beach Club and amped up party remixes in the heat of the afternoon.

Guest DJs, including the likes of Hardwell and David Guetta, can turn a Saturday at the ME pool into Cabo's "It" destination.

Although I enjoyed the pool party vibe I am, at heart, more of a beach bum.

A week of surf and sand from the comfort of one of ME's private cabanas with a postcard view of Land's End, Cabos' famous rocky promontory, was how I got my groove back.

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TRAVEL NOTES AMERICA, HOME AND ABROAD

Park Service revises prediction for peak of cherry blossoms

Unseasonably warm weather has prompted the U.S. National Park Service to revise its prediction for peak blooms for Washington's cherry blossom trees. The agency said in a news release Tuesday that it has revised the projected dates to March 18-23. Peak bloom is when 70 per cent of the trees around the Tidal Basin are in blossom. Last week, they announced the projected dates were between March 31 and April 3. THE ASSOCIATED PRESS

Cherry Blossoms are expected early in D.C.

Senator urges rule changes so U.S. hotels can operate in Cuba

A U.S. senator is urging the Obama administration to ease restrictions on investment in Cuba so American hotels can operate in the island nation. Amy Klobuchar, a Democrat, says that as diplomatic relations improve, business opportunities will grow. Klobuchar says hotel operators from Spain and the Britain are already negotiating deals to build hotels in Cuba. THE ASSOCIATED PRESS

Many are eyeing Cuba's tourist industry.

Pennsylvania turns to 'happiness' for new tourism motto

Pennsylvania is turning to the Declaration of Independence to inspire its new tourism motto. State officials unveiled the slogan "Pennsylvania. Pursue Your Happiness" and a logo on Tuesday. The slogan takes the place of The State of Independence, the winner in a 2004 contest. Before that, state tourism slogans were Pennsylvania Memories Last a Lifetime, You've Got a Friend in Pennsylvania, and America Starts Here. THE ASSOCIATED PRESS

"Pennsylvania. Pursue Your Happiness," says the state's tourist board. ALL PHOTOS ISTOCK

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A worker puts the final touches on a recording pod at the Grammy Museum Mississippi in Cleveland, Miss. Mississippi was chosen for its vital contribution to popular music — namely, African American blues musicians like Robert Johnson and B.B. King. ALL PHOTOS ROGELIO V. SOLIS/THE ASSOCIATED PRESS

Grammy museum opens in Mississippi

MUSEUM

Cleveland site of new music attraction

The second and only official Grammy Museum outside of Los Angeles opens Saturday in the Mississippi Delta, cradle of the blues.

Organizers chose Cleveland, Miss. — two hours north of the state capital Jackson — for the nearly $20 million project and promise one of the most advanced museums in the country. It's a smaller but updated version of its sister museum in California and employs high-definition touchscreens and interactive technology to chronicle American music history from before the first Grammy Awards in 1959 to the present.

The bedrock of that history is the Mississippi Delta, said Bob Santelli, executive director of the Grammy Museum in Los Angeles. The rhythmic guitar and soulful ballads of bluesmen like Robert Johnson and B.B. King travelled up the Mississippi River and across the country, influencing nearly every style of American popular music including, jazz, hip-hop and rock 'n' roll.

The state also claims the most Grammy winners per capita in the world. "Isn't that wild?" Santelli said. "You take the state of Mississippi out of American music history and you have a very large gap to fill."

Grammy performance costumes.

The blues mesmerized musicians ranging from Tupelo native Elvis Presley to The Beatles and more in generations since, said Patricia Walker, songwriter and head of Delta State University's music department. The original bluesmen — mostly African-American men living in the Jim Crow era of discrimination in the South — lived off the land and eased their hardships through music.

"Everybody at one time or another has had the blues," Walker said. "The musicians that came

> **There's something in the water here, in the dirt. It's very deep. It's very real.**
> Jessica Faith, musician

out of here had to dig deep in the soil to make a living, and they dug deep to capture those feelings in their music."

Officials designed the museum — the most upscale building to come to the region — with the Delta's history in mind. Corrugated metal on the building's exterior is a nod to the tin metal sharecropper shacks many blues musicians grew up in. The entrance looks like a big front porch, a common feature of many Delta homes.

Cleveland Chamber of Commerce Director Judson Thigpen estimates the museum could bring in about $20 million annually as a tourist draw to the entire region.

The museum was a collaborative effort to spotlight the Delta's music legacy, said Allen Hammons who helped establish the B.B. King Museum in Indianola, Miss., as well as a Blues Trail along highways in the state. In 2011 Hammons joined Walker and others to form the Cleveland Music Foundation, a non-profit foundation that built and operates the museum.

THE ASSOCIATED PRESS

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TRAVEL

History and culture help make the island's cities a must-see

Vawn Himmelsbach

While Cuba's white sandy beaches are a big draw, most travellers also plan a side trip to Havana — to sip a frozen daiquiri in one of Ernest Hemingway's old haunts and listen to the sounds of Cuban jazz floating through the air.

Havana is a must-see, with its retro cars and crumbling colonial architecture. But when it comes to cities with history, culture and that Cuban vibe, there's much more on tap for travellers.

Indeed, four Cuban cities — Trinidad, Sancti Spíritus, Camagüey and Santiago de Cuba — just celebrated their 500th anniversary.

"In the wake of those celebrations, we see a great deal of revival of their architectural values, the revival of their cultural identity and traditional expressions," said Eloy Govea, director of the Cuba Tourist Board in Canada.

Camagüey's historic centre is considered the best preserved on the island, with charming cobblestone plazas and tinajones (earthenware jars) decorating the streets. At this UNESCO World Heritage site, you'll find a labyrinth of narrow, twisting alleys (designed to confuse pirates and raiders) and colonial buildings that open up to leafy inner patios. It's also the cultural hub of Cuba, with countless art galleries and music halls to explore.

"When you walk our streets it's like going back to the past," said Govea. "Cities are frozen [in time]." And Trinidad is one of the best-preserved colonial cities in the hemisphere. "Walking those streets is like walking in a museum."

Trinidad, also a UNESCO World Heritage site, is home to once-grand mansions, wrought-iron grillwork and cobblestone streets — and you're never out of earshot from a group of musicians playing local salsa.

Then there's Santiago de Cuba, considered the most Caribbean of the Cuban cities. It's known for its musical traditions, which "people are proud of cultivating in its purest state," said Govea. Some of Cuba's most famous musicians — such as Compay Segundo and Ibrahim Ferrer, made famous from the Buena Vista Social Club — were born in the city or surrounding villages. Latin dance also has its roots here, including guaguancó (rumba) and son.

"In spite of Cuba having over 400 white sandy beaches, in spite of having 330 days of sunshine days on average [per year], it is a good moment to go and visit our cities," said Govea.

Cities and sand

It's easy to combine a visit to one of Cuba's colonial cities with a beach vacation. With tourism on the rise (it grew 17 per cent in 2015, according to the Cuba Tourist Board), more resorts and hotels are being built to accommodate this increase in demand.

To the north of Camagüey is the Sabana-Camagüey archipelago and Santa Lucía beach — with one of the largest coral reefs in the world. South of Trinidad, you'll find Playa Ancón, with white sand and turquoise Caribbean waters.

Holguín is an up-and-coming destination, with stunning beaches along Cuba's north coast and urban adventures in the provincial capital, Holguín City. Where to stay: Check out Meliá's Paradisus Río de Oro, an adults-only resort with an architectural design that integrates the surrounding tropical forest, with direct access to the beach and opposite the coral reef for diving. Meliá also has two resorts in Varadero, the Paradisus Princesa del Mar Resort & Sap and Paradisus Varadero Resort & Spa.

Street music is a regular site in Santiago, the most Caribbean of Cuban cities, known for its music traditions and roots in Latin dance. CUBA TOURISM PHOTOS

Visit the renowned Main Square in Trinidad — a UNESCO World Heritage site and one of Cuba's best-preserved colonial cities.

metro SPORTS

Tom Brady's two-year extension with the Pats will give him a $28-million signing bonus and adds $41 million to his deal should he play it out

NBA RAPTORS GET FACE TIME WITH HAWKS
Hawks forward Paul Millsap plows into Raptors point guard Kyle Lowry on Thursday night at Air Canada Centre. DeMar DeRozan scored 30 points and Lowry added 19 to lead the Raptors to a 104-96 win. RICK MADONIK/TORSTAR NEWS SERVICE

Jays keep on rolling with win over Yanks

GRAPEFRUIT LEAGUE

Bautista makes debut, hits the dirt against wild Chapman

New York Yankees closer Aroldis Chapman and Toronto slugger Jose Bautista made their spring training debuts Thursday during the Blue Jays' 11-4 win over a Yankees' split squad.

Chapman hit Bautista with a pitch in the fifth, when the left-hander gave up a run, hit two batters and walked two others during two-thirds of an inning. Chapman reached 99 miles an hour and was consistently around 96-97, but 17 of his 26 pitches were balls.

"A slider in the dirt and it hit my (right) foot," Bautista said. "It's his first outing, too. He's all over the place, which is normal for a pitcher. They're excited, it's the first time. He had a long off-season. He's probably feeling great, so he's trying to harness all his strength and velocity."

Acquired from Cincinnati in December, Chapman will begin serving a 30-game suspension at the start of the season, a penalty he agreed to under baseball's new domestic violence policy.

"Just because I didn't have my control today doesn't mean I have to worry about it," Chapman said through a translator. "This is spring training."

Bautista was a designated hitter for five innings. He earlier popped out and struck out.

Toronto delayed Bautista's first game in an effort to help him stay stronger throughout the season. The 35-year-old had 40 homers and 114 RBIs last season.

"The normal first game," Bautista said. "You kind of get a feel for it. Saw some good pitches. I was tracking the ball. I felt like I was picking it up good out of their hand. A good day."

Andrew Miller, who will retain the closer role during Chapman's absence, gave up four hits, including a two-run single to Josh Donaldson in the third.

Drew Hutchison, bidding for the fifth starter spot, allowed two runs and three hits over 2-2/3 innings.

Switch-pitcher Pat Venditte, a former Yankee, struck out one in a perfect seventh.

First baseman Edwin Encarnacion, whose spring debut was set back by an abscessed tooth, could play next week.

THE ASSOCIATED PRESS

Jose Bautista gathers himself at ground level, after being hit by an Aroldis Chapman pitch.
CHRIS O'MEARA/THE ASSOCIATED PRESS

UP NEXT

Marcus Stroman will pitch for the third time this spring, Friday against Boston.

HOME RUN CELEBRATION

Hall of Famer: Joey Bats a 'disgrace'

Hall of Fame relief pitcher Rich (Goose) Gossage has criticized Toronto star Jose Bautista and New York Mets slugger Yoenis Cespedes for the way the pair celebrated home runs during the playoffs last year.

Gossage called Bautista a "disgrace to the game" during a profanity-laced interview in Tampa on Thursday.

"He's embarrassing to all the Latin players, whoever played before him," Gossage told ESPN. "Throwing his bat and acting like a fool, like all those guys in Toronto. Cespedes, same thing."

> **He's entitled to his opinion.**
> Jose Bautista

Bautista flipped his bat after hitting a three-run homer that gave Toronto the lead in the seventh inning in Game 5 of the AL Division Series against Texas.

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Clash for Clarkson Cup

WOMEN'S HOCKEY

Canadiennes, Inferno meet in title game

Canadiennes goaltender Charline Labonte stops the Inferno's Jillian Saulnier during CWHL action in February.
DAVE HOLLAND/CALGARY INFERNO/THE CANADIAN PRESS

The 2016 Clarkson Cup is more Super Bowl than Frozen Four.

The Montreal Canadiennes and Calgary Inferno square off Sunday afternoon at Canadian Tire Centre in Ottawa in a one-game, winner-hoists-the-Cup championship.

The Clarkson Cup was a four-team tournament since its inception in 2009 and resembled the NCAA's Frozen Four.

There are several reasons for changing the format of the Canadian Women's Hockey League's showcase event, according to commissioner Brenda Andress. Maximizing available time slots both on television and in an NHL arena are two of them.

"The timing of it on a Sunday, it's good for TV viewership for sure," Inferno captain Brianne Jenner said. "To see the Ottawa Senators offer up their rink for the Clarkson Cup is another step in the right direction."

The semifinal games, once part of the Clarkson Cup tournament, were turned into separate best-of-three playoff series Feb. 26-27.

The Canadiennes (21-3) and Inferno (16-8) finished first and second respectively in the regular season. They had home-ice advantage in sweeping the Toronto Furies and Brampton Thunder in two straight.

The Canadiennes were 4-2 versus the Inferno during the regular season.

"Both teams play with a lot of speed and a lot of offence," said the Canadiennes' Julie Chu. "I think we're going to see a lot of that, especially the transition game is going to be huge."

The five-team CWHL needs people identifying the Clarkson Cup as a premier women's hockey brand, which means getting as many as possible into the building and tuning into Sportsnet on Sunday.

> **We know it's a one-shot deal and we've got to be prepared.**
> Canadiennes forward Julie Chu

The U.S.-based NWHL that began play in 2015-16 pays its players. After winning the 2015 Clarkson Cup, the Boston Blades suffered a mass exodus of top American players to the NWHL's Boston Pride. The Blades went 1-23 in the CWHL this season.

The CWHL isn't paying players. The league needs to demonstrate it can in the future in order to avoid more defections. The Clarkson Cup is a means to expanding the CWHL's fan base and attracting more corporate sponsorship.

"What's riding on it is the ability next year to get more Sportsnet games, to get our fan base, once it grows, it provides opportunities for our players to be paid," Andress said.

THE CANADIAN PRESS

IN BRIEF

Lions sign WR Marvin Jones
The CFL's rules committee is recommending the addition of another video official this season.

The official would be in the league's command centre and able to fix obvious errors that aren't challengeable by replay. He'd have access to a feed from a special camera that would capture all 24 players on the field.

The recommendation highlights proposed changes made Thursday by the committee, which must be approved by the CFL's board of governors April 7 to be implemented.

THE CANADIAN PRESS

Osweiler bolts to Texans
Brock Osweiler signed his four-year, $72 million deal with the Houston Texans on Thursday, making the quarterback with all of seven NFL starts one of the league's highest-paid players.

Osweiler agreed to leave the Denver Broncos when free agency began, leaving a pending starting job with the Super Bowl champions to become Houston's QB.

THE ASSOCIATED PRESS

Koe, Gushue and Jacobs favourites for Brier playoffs
Alberta's Kevin Koe and Brad Gushue of Newfoundland and Labrador joined Northern Ontario's Brad Jacobs in the playoff mix at the Tim Hortons Brier on Thursday.

Manitoba's Mike McEwen was the favourite to earn the fourth and final spot with two draws of round-robin play to go.

Several teams — including Team Canada's Pat Simmons — were left clinging to the faint chance of an appearance in a tiebreaker game.

THE CANADIAN PRESS

Barca presidents off hook
Barcelona says a local court has accepted an appeal by club president Josep Maria Bartomeu and predecessor Sandro Rosell in a case involving alleged irregularities around Neymar's transfer in 2013.

The club says the ruling means Barcelona and the presidents are no longer defendants in the case involving the Brazilian striker.

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EUROPA LEAGUE

United they fall to Reds at Anfield

Liverpool outclassed Manchester United but relied on two defensive blunders to win 2-0 in a high-profile all-English match in the Europa League last 16 on Thursday, with only David de Gea's brilliant saves sparing the visitors a heavier first-leg beating.

Daniel Sturridge — from a penalty — and Roberto Firmino found a way past De Gea to make Liverpool a strong favourite to advance after next week's return leg, as United's players failed to handle a white-hot atmosphere at Anfield and Liverpool's fierce pressing game.

Borussia Dortmund was the biggest winner in the first legs, justifying its tag as competition favourite with a 3-0 win over a weakened Tottenham. Other sides with a clear advantage were Shakhtar Donetsk, which beat Anderlecht 3-1, and Villarreal, which defeated Bayer Leverkusen 2-0.

Nathaniel Clyne Daniel Sturridge Jordan Henderson
GETTY IMAGES

Winning the Europa League was seen as United's best chance to qualify for next season's Champions League, but even the quarter-finals may be out of reach following another sobering loss for its manager Louis van Gaal.

Feeding off the crowd on another memorable European night at Anfield, Liverpool swarmed all over United with its aggressive pressing and should have won by more in the first European meeting between England's two most successful clubs.

"We could not cope with their pressure," Van Gaal said.

THE ASSOCIATED PRESS

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RECIPE Coconut French Toast

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You could get organized for a leisurely breakfast. Or, you could remind yourself that you're an adult and if you want to have French toast for dinner on a Friday night, you darn well can.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 4

Ingredients
- 1/2 cup shredded coconut
- 1 cup coconut milk
- 3 eggs
- 1 Tbsp sugar
- 1/2 tsp cinnamon
- Pinch salt
- 8 thick slices of thick bread
- Pat of butter for cooking

Directions
1. Preheat oven to 350 F.
2. Sprinkle the shredded coconut on a baking sheet and place in the oven for about 10 minutes, stirring once, until the coconut just begins to brown. Remove and set aside.
3. In a shallow bowl, whisk together coconut milk, eggs, sugar, cinnamon and salt until everything is well combined.
4. Dip your bread into the egg mixture and allow it sit for a couple of minutes on each side to really drink it in.
5. In a large skillet, melt the butter over medium heat then lay down your soaked bread. Allow each side to cook until golden brown, about 3 to 5 minutes each side.
6. Repeat with the second batch. Serve with a sprinkling of toasted coconut and maple syrup.

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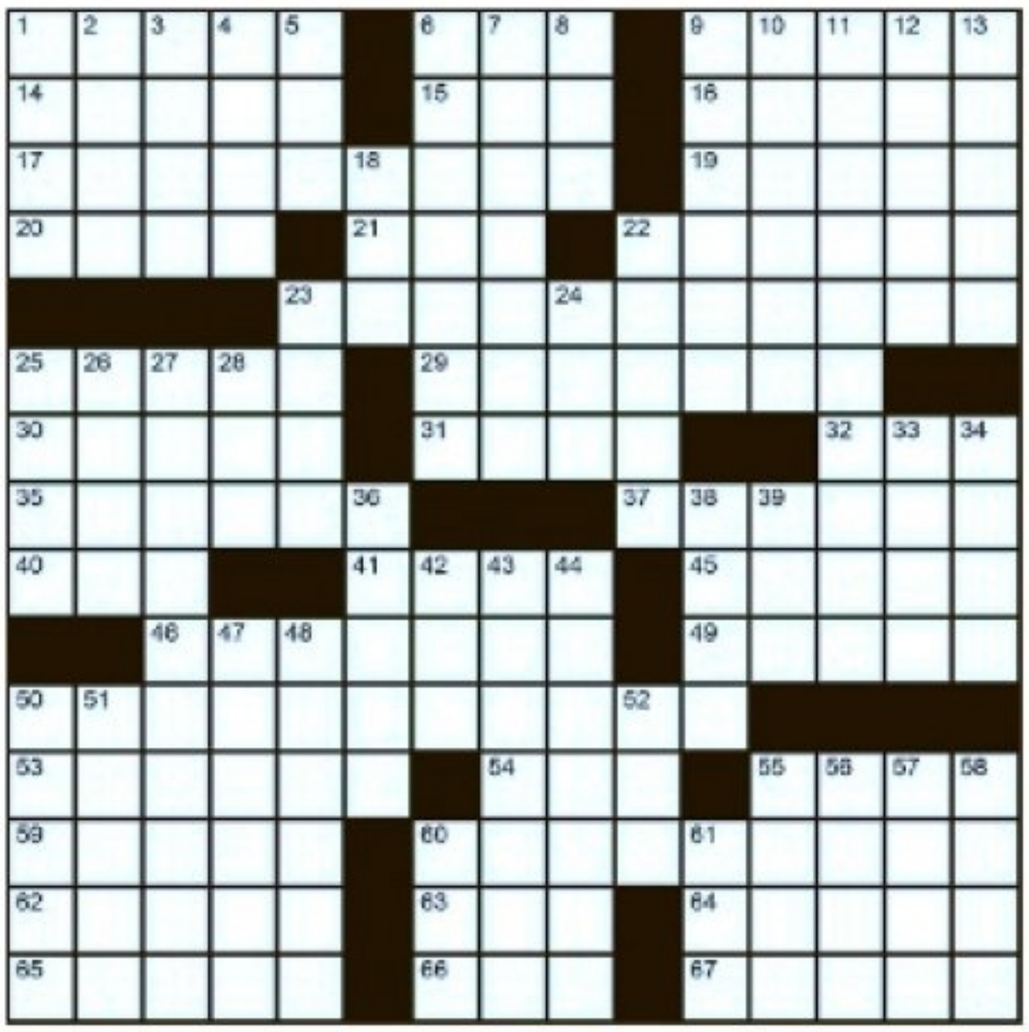
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Full range
6. Reporter's need
9. Financial investments for the future, commonly
14. England: The O2, for one, in London
15. 'Ear'-meaning prefix
16. Other, in Outremont
17. Things to fasten in the car
19. Hair accessory
20. Gloriole
21. Un-truth
22. Comparably lengthy: 2 wds.
23. "The Red Green Show" hangout: 2 wds.
25. Steve Miller Band's "The _"
29. _ _ _ _ Channel (Canadian network delivering around-the-clock headlines)
30. Country rocker Steve
31. Golfing great Mr. Aoki
32. Hebrides hat
35. "The Ren & _ Show" (Cartoon created by #27-Down)
37. Ground sesames paste
40. Canada's buy-from-home network
41. Dwindles
45. Strikes of lightning
46. Eat healthy and exercise ...do this as a result: 2 wds.
49. Comic actor Eric's
50. Quilted gift of honour in Plains cultures: 2 wds.
53. "Oh, well, I'll manage.": 2 wds.
54. Faint
55. Conserve
59. _ _ Cologne
60. Airport-to-limo-to-estate-to-yacht sort
62. Industrial hub in the Ruhr
63. Supper-time scrap
64. Global Warming treaty city in Japan
65. Mixes
66. 'Heir' suffix
67. Montreal's old baseball team

DOWN
1. Large cut
2. "Diamonds _ _ Girl's Best Friend"
3. Dish
4. Posh preposition
5. Diet soft drink
6. College major, commonly: 2 wds.
7. Bears witness
8. Lively parties
9. Compete in the WWE, colloquially
10. Be short on supplies: 2 wds.
11. What time did for that seeming eternity: 2 wds.
12. Tine
13. Swamp plant
18. Fitting-here British gr.
22. "I _ _ the least bit surprised." (Told you so)
23. Get set
24. Lettered sun ray
25. Witticism
26. The Quaker _ Company
27. The 'K.' of Canadian animator John K.'s name
28. Tree type
33. Status quo _ (The way things existed before, in Latin)
34. Leave out
36. Shouts!
38. Somewhat: 2 wds.
39. Load-of-bricks holder
42. Gallery director's deg., perhaps
43. 3-ringed school supplies
44. Caribbean resort isl. near Nevis: 2 wds.
47. Wind, water or ice ...to rock over time
48. "The Beverly Hillbillies" star Buddy's
50. Daggers
51. Browned bread
52. Letters to follow Ells
55. "Mr. Roboto" band
56. On
57. Quash
58. Cupid's Greek counterpart
60. Mr. Pesci
61. Also, archaically

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you want to be successful you must be consistent. You may want to change things around but you must either move in a new direction and stay moving in that direction, or resist the temptation altogether.

Taurus April 21 - May 21
Are you dissatisfied with your lot? Are your talents are being wasted? If so, do something about it. That means now, not tomorrow or the day after. And it means something real, not just another daydream.

Gemini May 22 - June 21
You must push your own needs and desires aside and do what you can to help those who, for whatever reason, are incapable of helping themselves.

Cancer June 22 - July 23
Something you see or hear will get you thinking along new lines and there's no telling in which direction your thoughts will take you. It's time to leave your comfort zone. There's a whole world out there waiting.

Leo July 24 - Aug. 23
Any doubts you may have about a money matter will be swept aside. Cosmic activity in the wealth area of your chart suggests that if you take a risk it will pay off big time.

Virgo Aug. 24 - Sept. 23
Friends can only help you so much — you must have the courage to follow your star. Jupiter in your sign indicates wild success but the day-to-day effort must come from you.

Libra Sept. 24 - Oct. 23
Others may counsel caution but if you listen to all those who have something negative to say you would never get much done. Despite their misgivings the world is not all bad.

Scorpio Oct. 24 - Nov. 22
Sit back, relax and let fate guide you. You may have big ambitions but you don't have to hammer away at them each and every day. Even a Scorpio needs some down time. You certainly will need it today.

Sagittarius Nov. 23 - Dec. 21
It's time to get serious about what you want to accomplish. Never doubt that you have something to offer. You're a Sagittarius — you were born to make a difference.

Capricorn Dec. 22 - Jan. 20
You will eventually get the chance to rise in your work or career, but it will happen sooner if you get in the habit of believing that you deserve to be a leader rather than a follower. Take advantage of new opportunities.

Aquarius Jan. 21 - Feb. 19
You're worrying too much about planing. Once the ball starts rolling most problems will take care of themselves. And don't try to do it all on your own. There's always someone you can turn to.

Pisces Feb. 20 - March 20
Certain people are trying to keep you out of the information loop but today will reveal why they found it hard to confide in you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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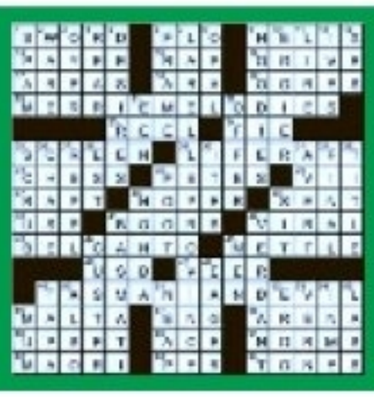

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